

# What's the Scoop on Sodium?

**What's the scoop on sodium and your health?** To find out, follow each step below to locate the correct letter in the chart. Then write each letter in the matching blank at the bottom of the page to uncover an important message about sodium.

1. last letter in third row
2. fourth letter in second row
3. seventh letter in fourth row
4. third letter in third row
5. ninth letter in fourth row
6. first letter in first row
7. sixth letter in last row
8. second letter in first row
9. sixth letter in first row
10. fourth letter in fifth row
11. first letter in fourth row
12. seventh letter in third row
13. seventh letter in second row
14. third letter in last row
15. fourth letter in fifth row
16. first letter in second row
17. eighth letter in first row
18. fifth letter in first row

B	E	K	P	T	A	D	U	F	G
C	H	F	I	M	Y	O	T	W	I
N	L	Z	A	O	E	C	L	A	P
S	H	N	C	R	U	Z	C	A	H
P	W	T	D	V	S	O	I	S	E
T	E	L	K	U	R	D	G	N	X



19. first letter in fourth row
20. ninth letter in fifth row
21. ninth letter in third row
22. ninth letter in last row
23. seventh letter in last row
24. ninth letter in second row
25. eighth letter in fifth row
26. seventh letter in third row
27. last letter in fourth row
28. second letter in last row
29. sixth letter in fifth row
30. fourth letter in fourth row
31. second letter in fourth row
32. second letter in first row
33. second letter in last row
34. ninth letter in fifth row
35. second letter in last row

You can't see a lot of the sodium you eat. These six foods provide the most sodium in students' diets:

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and rolls, \_\_\_\_\_ and cured meats,  
 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19  
 snacks like chips and pretzels, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.  
 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35